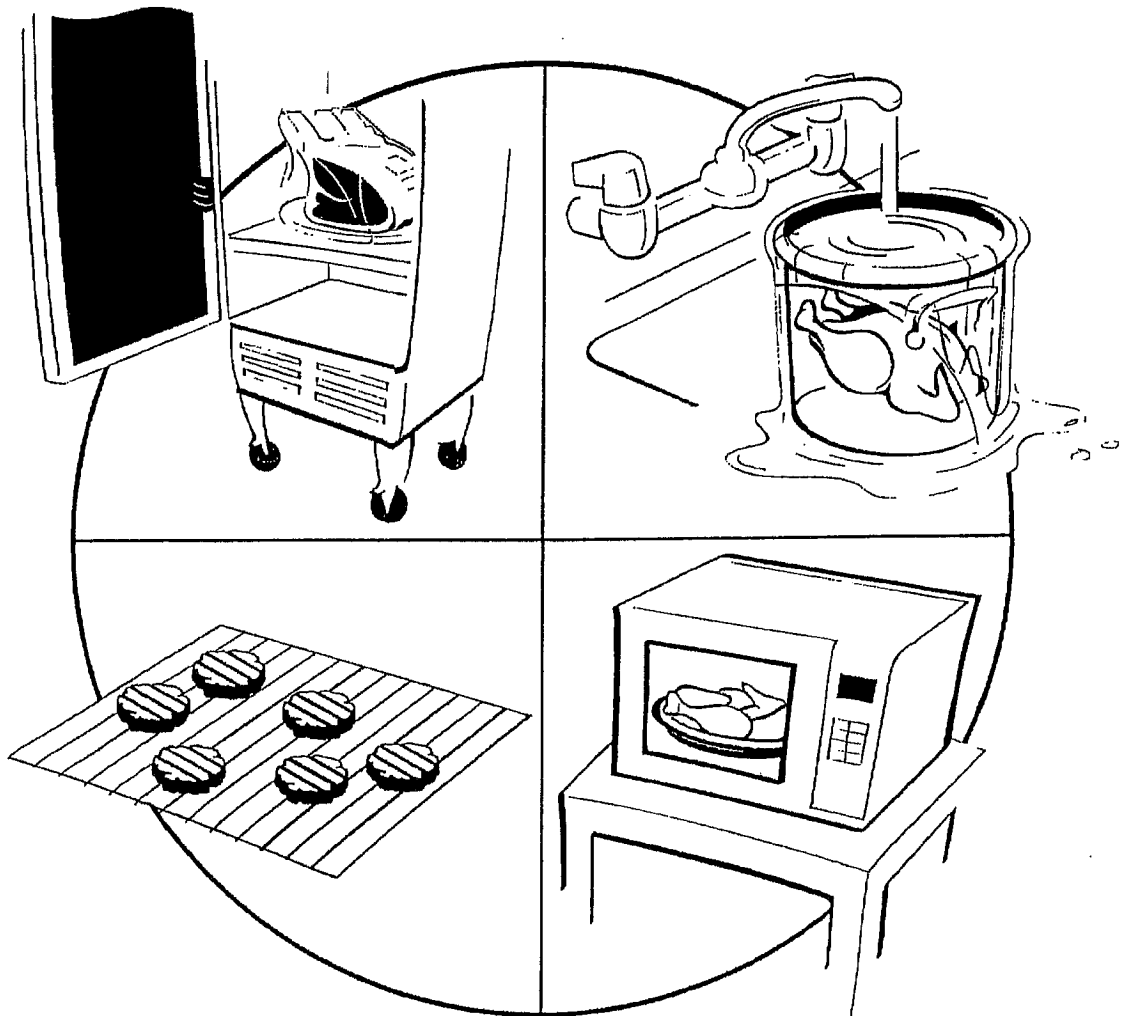


Be aware when you prepare

There are four acceptable ways to thaw food safely.

1. In a refrigerator at 41°F (5°C) or lower
2. Under running water at 70°F (21°C) or lower
3. In a microwave oven
4. As part of the cooking process



National Food Safety Education Month*
National Restaurant Association Educational Foundation